RETREAT SCHEDULE

Block 1

rite about one thing that spoke to you during the orship.	_
otes from Rachel Schwandt's message	
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	_
hat did you focus on during your reflection time?	

RETREAT SCHEDULE

Block 2

worship	ο.			·	to you durin	ng the
	from C	Canon F	Reece's	messag	е	
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What d	id you 	focus	on dur 	ing your	reflection	time?

RETREAT SCHEDULE

Block 3

worsh	nip.					·	during	
		,	Cu	mbie's	mess	age		
 What	 did	 		. – – –			tion ti	
		 		. — — — —				

RETREAT SCHEDULE

Reflection

What emotions did you feel today? Did they reveal something to you?
What is one message or practice you want to carry with you out of the retreat?
Did someone come to mind as you listened, practiced, and prayed today? Is there something you could share with them?